



**Steps To Wholeness:
Improving The Contact**
Psalm 119:9-16; 145-152
November 19, 2017 Kemptville CRC
"I meditate on your promises..."

DO YOU BUY IT? Are the twelve steps really for us?

JUSTIFICATION –

(You might want to check out Romans 10:9; Luke 12:8)

SANCTIFICATION -

THUMB NAIL SKETCH OF THE STEPS SO FAR

- my life is messy and I can't fix it
- God, you can
- God, please do
- look at what I've done
- I'm sorry
- what can I do to make it right
- regular review
- repair as needed

STEP 11: We seek through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us, and the power to carry that out.

PRAYER IS....

MEDITATION IS....

- find links to these in Psalm 119

St. Paul and meditation – Galatians 1:15-18; Galatians 2:20

Jesus' promise – John 4:14

What if I feel inadequate? (Romans 8:26)

STEPS TOWARDS GROWING IN PRAYER & MEDITATION

(From Philippians 4:6-8)

- Quiet anxieties
- Thank God
- Be honest
- Be open
- Focus

(check out Psalm 127)

MY QUESTION



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